



FROM THE EXECUTIVE DIRECTOR-Kate Hoepke



Dear Members and
Friends:

Independence is a
value that we
Americans cherish.

Since early adulthood we've been in the driver's seat, calling the shots, in command of our own lives - and not one of us likes the idea of giving that up. But as we age, it becomes clearer that in order to preserve our independence, we may need new resources. The truth is, aging is uncharted territory. We don't know what lies ahead, who we will need to consult with, or even the right questions to ask many times. In this present moment, it's hard to foresee how our lives will change but certainly they will. Sometimes in an instant; a

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WELCOME NEW MEMBERS--May

Roy Birchard
Cathryn Brash
Lynn Davis
Ramon Garcia
Michael Haines
Eileen Lemus
Elaine Mannon
Joe Mannon
Marilyn Nichols
Bonita Palmer
Paula Strom

diagnosis, a relocation, an unforeseen accident and suddenly we're in need of a new plan.

Case in point: about a month ago two of our members, a couple in their late 60's, decided to embark on the adventure of a lifetime. They rented out their home for a year, put all their belongings into storage and headed for Europe. They intended to spend a few months in Italy, several weeks in Ireland, and unknown stops in between. Five days after arriving in Florence, one of them took a fall on the sidewalk and broke her hip. The next thing you know, she's in an Italian hospital having hip replacement surgery. I'm happy to report that the surgery was successful and they've returned to CA. In spite of all their planning they couldn't possibly have foreseen such an outcome.

Their story reminds me of all the things we cannot control, of which we are made especially aware as we get older. SF Village membership is an opportunity to lay claim to what we CAN control:

- Joining together with others in community to create a sense of security and belonging, camaraderie, and shared experience
- Educating ourselves on topics that help us navigate the inevitable transitions that lie ahead
- Rightsizing and modifying our home so it accommodates us as we age
- Asking for help when we need it and offering help when we're able
- Continuing to contribute our time and talent to enrich others, and ourselves

I believe that these proactive choices that we make every day improve our future options, especially when the unexpected occurs. While it is true that we cannot control the outcomes of our lives, we can live with awareness and intention so that we feel prepared to adapt as it unfolds.

Kind regards,

Kate

DID YOU KNOW?

NEXT DOOR SF is a private social network for your neighborhood, empowering you and your neighbors to connect and build stronger and safer communities. To learn more, log into your online neighborhood at <https://nextdoor.com/>.



COFFEE & CONVERSATION SERIES:

Know Your Care Options



Panel Discussion

Wednesday June 25

3:00 – 5:00 p.m.

Presidio branch library

In this present moment, it's hard to foresee how our lives will change as we age, but certainly they will. None of us likes to think that we may lose our ability to care for ourselves or that we may need help from friends or professionals. We can feel better prepared to make good choices if we know our options ahead of time. Please join us for a stimulating discussion with three outstanding professionals:

- Nina Herndon, MA in Gerontology, a certified care manager and principal of Sage Elder Care Solutions
- Gene Marchi, a licensed professional fiduciary, who also serves as a court-appointed conservator and works closely with care management teams
- Phil Marechel, co- owner of Home Instead Senior Care, which provides a wide range of home care services

We hope that you will come away from this discussion with a better understanding of who the professionals are, what they offer, and when you should call them.

SFV CULTURAL OUTINGS

June is busting out all over! We have two outdoor events this month, including a tour of the SF Botanical Gardens and a visit to the Presidio Nursery. Wear layers and bring a lunch!

Tour SF Botanical Gardens

Main Gate: Golden Gate Park

<http://www.sfbotanicalgarden.org/>

Wednesday June 11

11:00 AM



We will meet at the SF Botanical Gardens and then receive a private tour of all that's growing. Bring your bag lunch for afterwards, and we'll picnic together as weather permits. RSVP to key@sfvillage.org to confirm that you'll join our group. We'll meet just inside the main gate (Ninth Avenue and Lincoln Way) at 11:00 a.m.

Presidio Nursery Visit

Meet at: 1249 Appleton Street,
in The Presidio of San Francisco

Thursday June 26

10:30 AM



For SF Village members and guests, we have arranged a tour of the nursery where thousands of plants are nurtured for the restoration of the Presidio.

The nursery is a bit hard to find, so please give yourself enough time to arrive. There is plenty of free parking on site. Allow until noon for this visit and tour. The nursery tends to get a bit foggy; so make sure to wear layers and comfortable closed-toed shoes.

<http://www.parksconservancy.org/programs/nurseries/>

If you wish, bring your bag lunch to eat together afterwards, as weather permits.

RSVP to key@sfvillage.org

SENIOR ADVISORS NEEDED

WhipperSnapper is a new online service to help older adults connect with interesting people, jobs and activities in their local community. They are inviting SFV members to participate in a 45 minute critique of their product. They want to know what makes sense, what doesn't, and what you think they should do to improve their product.

No experience with computers is required; simply an interest to learn. Meeting times are flexible so if you're interested in participating, please contact the SFV office at 415-387-1375 or info@sfvillage.org.

SFV MEDITATION

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation-- paying attention purposefully and non-judgmentally in the present moment-- is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try?



The group meets at the Institute on Aging. Please be seated in the main lobby, and Rachel will meet you there right before 11:00 AM.

Tuesdays June 3, July 1 and July 15

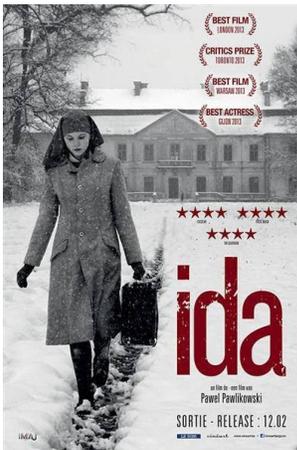
11:00 AM to 12 noon

Arrive on time, as we meet for one hour only. The group is led by Rachel Lanzerotti, an experienced teacher of Mindfulness Meditation and longtime Vipassana (insight) meditation practitioner, as well as the Membership Coordinator of SF Village.

Members are welcome to invite friends and family. Please RSVP to [**info@sfvillage.org**](mailto:info@sfvillage.org)

AT THE MOVIES WITH RALPH BEREN

IDA



The first thing we find out about this film is how to pronounce the protagonist's name (as though it were E-DA). The second thing is that this is not your usual Holocaust

film, capturing a personal view that is unique and very spare. The film is only 80 minutes long and yet manages to tell the story quite thoroughly. The setting is Poland right after the Soviets have left and visually, all we see is bleak and harsh. So is the story.

Anna, a novitiate about to take her vows is told by her mother superior that she must first learn the story of her family. We immediately find out why when we meet her Aunt Wanda who, in most ways, is the central character in the

film. Wanda quickly tells Anna that she is Jewish and her real name is Ida. The film then takes us on a journey to discover what happened to Ida's family. These two women are opposites: whereas Ida/Anna remains an innocent, her Aunt is a survivor. She lived through the Holocaust and then rose through the ranks of the communist party in Poland, becoming a well-known judge called "Red Wanda." She's a conniving cynic who drinks and sleeps around. The denouement of the film occurs when Ida decides to experience life as her aunt does - changing into a black dress and heels for a night of dancing and sex with a young musician that she knows. Will she become like her Aunt?

It is a unique and surprising film that I recommend you see.

MEMBER TO MEMBER

A request from SFV member Juliet

Rothman. We are two social work professionals who are grandmothers of 12 children ages 4 through 21. We are writing a book for grandparents, with ideas to consider in building a meaningful and positive relationship with grandchildren.



We would truly value your insights regarding grandparent/grandchild relationships, such as what you feel is important to communicate, what has worked well for you in relating to your grandchildren – and what has not, and most of all, what your relationship to your grandchild means to you.

We will very much appreciate your sharing some of your experiences with us, so that we may include them in the book. If you would be willing to talk with us, please e-mail us, and we will be in touch to make arrangements. We will, of course, respect your privacy and keep all personal information completely confidential. Interested members can contact us at Juliet Rothman, rothman@berkeley.edu. We look forward to meeting you.

NEIGHBORHOOD CIRCLES

94102-Who Knew?! At a recent, afternoon gathering at Books Inc. in Opera Plaza, seven San Francisco Village members sat around a large table



sharing conversation, laughter, and questions. Most of us had not met before, and we've made new connections! Our group is one of the new SFV Neighborhood Circles, which Kate Hoepke reported on in the May newsletter.

We're ready to enjoy the fine arts, symphony, jazz, walking, movies, museums, sports, bridge and "deepening conversations with one another about this stage of life." If you live in zip code 94102 or near us--Civic Center, Van Ness Corridor, Tenderloin, and Hayes Valley, contact Lynn Davis at treebarque@aol.com to share your ideas and find out what's next.

94109 Brown Bag Lunch Gathering. We will continue our stimulating conversations that have occurred at the past lunches and discuss the future direction we want for our circle. We will also review some of the options that the Village offers us. Please bring your own sandwiches or salads. Our host, Kathryn McNeil will provide drinks and parking. This event is reserved for 94109 SFV members. Please contact Roberta Rothman at [\(415\) 345-9034](tel:4153459034) for more information and for directions to Kathy McNeil's home.

Joint 94114 and 94131 event. SF Village members in 94114 and 94131 are invited to an afternoon social on Saturday, June 21, from 2-4 pm at St. Aidan's Church, 101 Gold Mine Drive (across from Diamond Heights Safeway). Please contact Lucy Marton at [\(415\) 282-3676](tel:4152823676) for more information.

VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday June 28th from 9:30 a.m. to noon

Location: IOA, 3575 Geary Blvd

Individuals with little or no experience working with seniors can get volunteer training at one of the Village monthly training programs. Led by our staff and our community partner, Home Instead Senior Care, the training includes a discussion of important issues facing seniors, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

If you are interested in attending, please contact Volunteer & Member Manager, Keyatta Shade at [\(415\) 387-1375](tel:4153871375) or Key@sfvillage.org.



SAVE THE DATES!

You'll see more details about these events in our July & August newsletters. For now please save the dates:

July 17: New Member Orientation

If you've joined the Village in the past six months (since January 2014), you are invited to this welcoming event to meet other new members. 3 - 5 PM.

July 23: Eating Well As We Age

Learn about nutrition and foods that reduce inflammation related to chronic pain. 3 - 4:30 PM.

August 21: Healthy Cooking Class & Dinner

Prepare a delicious, Fresh & Easy meal, and enjoy the meal together. 3 - 6 PM.

JUNE EVENTS

Family Caregiver Support Group

Thursday June 5th from 5:30 p.m. to 7:30 p.m.

Eldercare Services: Family Caregiver Support Group, addressing the fears of Alzheimer's disease and other issues associated with aging. No fee.



Location: Calvary Presbyterian Church, 2515 Fillmore Street

Contact: RSVP to [\(415\) 469-8300](tel:4154698300).

The Playreading Group II

Thursday June 12th from 4:00 p.m. to 6:00 p.m.

Play Reading group II will read *The Apollo of Bellac* and *Trifles* from 24 Favorite One Act Plays, edited by Bennett Cerf.

Location: Telegraph Landing Club Room, 150 Lombard Street

Contact: RSVP to Mary Fox at [\(415\) 984-0613](tel:4159840613).

The Discussion Group

Friday June 13th at 3:00 p.m.

The discussion group will discuss what needs to be fixed in the Affordable Care Act. Everyone is invited to present ideas on the topic. Please read Wikipedia to inform yourself on what is in the act before attending the meeting.



Location: home of Eva Auchincloss (Contact SFV for address)

Contact: RSVP to Eva at eva3auch@gmail.com

The Film Group

Wednesday June 18th from 4:00 p.m. to 6:00 p.m.

The film group will watch *Ghost Writer* a Roman Polanski film where a plot unfolds regarding the former P. M. of England whose aide dies under mysterious circumstances. The film stars Ewan McGregor and Pierce Brosnan.



Location: home of Ralph Beren (contact SFV for address)

Contact: RSVP to Ralph at [\(415\) 929-8309](tel:4159298309)

The Book Group

Monday June 23rd at 10:00 a.m.

The Book group will read *Reading Like a Writer: A guide for people who love books and for those who want to write them*, by Francine Prose.

Location: home of Jeanne Lacy (Contact SFV for address)

Contact: RSVP to Jeanne at (415) [415-922-6517](tel:4159226517)

JUNE WEEKLY EVENTS

Yoga!

Thursdays from 9:00 a.m. to 10:30 a.m.

Yoga Levels 1-2 (some experience required) Cost for SF Village Members: donation only

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at [\(415\) 425-5086](tel:4154255086) or

aurelecarlat@gmail.com, Website: <http://www.twinpeaksyoga.com>



Yoga! For Beginners!

Fridays from 10:00 a.m. to 11:15 a.m.

Anyone in good health who can manage stairs is welcome. No experience necessary.

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at [\(415\) 425-5086](tel:4154255086) or aurelecarlat@gmail.com, Website:

<http://www.twinpeaksyoga.com>

Donate to Community Thrift Store and Support the Village at the Same Time!

San Francisco Village has a unique opportunity to receive cash donations from
Community Thrift Store

623 Valencia Street-SF 94110-Ph:[415-861-4910](tel:415-861-4910)

www.communitythrifthsf.org

Take your old but usable items to the store and provide the ***SF Village code***
#122.

They will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will pick up at your house.

If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up time when we will collect your goods and drop them off for you.

This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships and update our office systems to better serve our members. So, gather your usable goods and drop them off at Community Thrift. Be sure to mention

SF Village account # 122.

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